

March – April 2015



**9401 Frederick Road
Ellicott City, MD 21042**

Front Desk:

410-313-1400

Fax: 410-313-1407

Hours:

Monday - Friday

8:30 am-4:30 pm

Extended Program Hours

Monday & Wednesday

Email:

ecsc@howardcountymd.gov

Newsletters:

www.howardcountyaging.org

Facebook:

www.facebook.com/HoCoCitizen

Get Our Newsletter Electronically!

Stay informed and up to date by getting upcoming program information right from your home computer. Sign up at the Front Desk to be added to the Ellicott City Senior Center Newsletter Email Distribution List.

Don't forget: When visiting the Center, please make sure you sign in at the podium each day. It helps us document accurate attendance.

Welcome To
Ellicott City Senior Center



Wish us luck



It's Renovation Time

The Fitness Center is nearing completion and now it's time for the current Ellicott City Senior Center to undergo a facelift. Building renovations include new flooring, a porch enclosure, maximizing space for the Plus Program, a reconfigured front door design and more.

Once renovation work commences, the building will be closed to public use. We will shift as many programs as possible to the Fitness Center during renovations. Unfortunately, due to limited space, several programs will be forced to take a spring/summer hiatus until both buildings become fully operational. Please refer to our Temporary Fitness

Center Daily Schedule on pages 10-11. These are the programs we have been able to secure space for in the Fitness Center.

Please be assured that all programs, including the Lunch Program, will resume once renovations are complete and both buildings are operational. Our hope is to be operating at full capacity by the end of summer.

We apologize for the disruption and we anxiously await being able to serve everyone in a new facility that will be two buildings strong! If you have any questions regarding the renovations, feel free to talk to a staff member.



Don't miss the Irish Men's Chorale
Wednesday, March 18 – 12:30 pm

Meet the Staff

Director	Cindy Saathoff
Assistant Director	Vicki Stahly
Admin/Receptionist	Gigi Rammling
Nutrition Specialist	Jodi Bargamian
Fiscal Technician	David Irwin
Utility Worker	Dominick Collins
Building Attendant	Sam Stahly
Plus Director	Felicia Stein
Plus Asst Director	Joyce Nagel-Mortell
Plus Program Asst	Alyson Olmstead
Interim Program Asst	Margaret Fries

Meet the ECSC Council

President	Nancy Cudmore
Vice President	Diane Waslick
Secretary	Dorothy Biller
Treasurer	Tom Potter
Members at Large	Sylvia Barron
Brenda Becker	Leo Bianco
Teddy Clarke	Denise Giffin
Randy Hetzel	Anne Kaiser
Andrew Liro	Carol Miller
Marian O'Byrne	Isobel Schum
Member Emeritus	Velva Howard

**Next Center Council meetings are
March 9 & April 13 at 1 pm.
All are welcome.**

Navigating the Center

LUNCH PROGRAM

(Menu available at the Front Desk)

To join us for lunch, please sign up **in advance** in the lunch book located at the Front Desk. Please call **410-313-1400** to cancel your lunch reservation if you are not coming. Meals are available for persons 60 years and older, and their spouses, regardless of age. Voluntary anonymous contributions are requested from eligible participants. Please contribute generously to ensure the continued viability of this program. Lunch is served Monday through Friday at 12 noon. The full cost of a regular meal is \$4.10 and \$5.39 for special meals.

During renovations, contact the Bain Center at **410-313-7213** or Glenwood 50+ at **410-313-5440** to participate in the Lunch Program at those Centers.

SIGN-UP & PAYMENT FOR CLASSES

The Front Desk is open for transactions between 8:30 am and 4 pm. Payments can be made via cash, credit card or a check made payable to **Howard County Director of Finance**. Online registration can be done at the ActiveNet website: <http://apm.activecommunities.com/howardcounty>.

TRANSPORTATION

Transportation is available to the Center through Regional Transit/RTA Ride. Riders must be certified. For certification, reservations and cancellations please call the Customer Service Line at **1-800-270-9553** and select option 3 for "paratransit and RTA Ride service". Visit their website at www.transitRTA.com.

Senior Center Plus Program

This is a supervised four-hour social program for older adults. The program is designed to support the continued independence of older individuals with therapeutic programs and services. Lunch is provided. For more information about this service program call the Plus Program at **410-313-1425**.

Please Note

Ellicott City Senior Center membership is required to attend or register for any class, program or activity. Membership is free and the application is quick and easy. For additional information stop by the Front Desk or call **410-313-1400**.

Blood Pressure Screenings

Tuesday 9 am - 12 noon

Understanding high blood pressure and knowing how to manage it, is an important part of maintaining your health. Don't pass up this opportunity to have your blood pressure checked to avoid serious health conditions.

Sponsored by Howard County General Hospital.

Maryland Access Point (MAP)

Friday

March 13 & April 10

10 am - 12 noon

Jill Kamenetz, MAP Specialist, will be available at the Center, by appointment, to help with homeowners and rental tax credit paperwork. She is also available to help with information, referrals for assessments or general information about Office on Aging programs. Make an appointment by calling the Maryland Access Point office at **410-313-5980**.

State Health Insurance Assistance Program (SHIP)

Appointments

Wednesday 9 am or 10:30 am

Thursday 1 pm or 2:30 pm

Meet with a trained volunteer for confidential assistance with health insurance concerns. This is a free service. For a SHIP appointment at ECSC, please call **410-313-1400**.



LOCAL HELP FOR PEOPLE WITH MEDICARE

AARP Income Tax Preparation

Appointment Required

Tuesday evening: 5 - 7 pm

Friday: 10 am - 4 pm

AARP and the IRS are sponsoring free personal Federal and Maryland Income tax preparation. Due to upcoming Center renovations, appointments are limited at the Ellicott City Senior Center.

Other Centers offering this service include:

Bain Center 410-313-7387

East Columbia 50+ Center 410-313-7680

Elkridge Senior Center 410-313-5192

Glenwood 50+ Center 410-313-5440

North Laurel 50+ Center 410-313-0380

All preparers and volunteers have received IRS approved training and certification in tax preparation. This service is available to middle and low income tax payers with special emphasis for those 60 and older. Self-employment returns with more than \$5K in expenses or very complex returns are not eligible for this service. Each appointment is for one single or joint return.

- Bring Social Security cards for anyone listed on your return.
- Bring your 2013 state and federal tax returns.
- Bring 2014 tax records with you.
- If you had investment transactions during 2014, be sure to bring the purchase cost for those transactions.

To schedule an appointment at Ellicott City Senior Center, please stop by the Front Desk or call 410-313-1400.

Americans with Disabilities Act Accommodations

To request this document in an alternate format, or to request accommodations to participate in a program/event, please contact the Center at **410-313-1400** at least two weeks prior to the event. People with a speech or hearing disability may contact us through Maryland Relay by dialing 7-1-1.

**New History Series with
Gary Kavanagh**

The History of Germany From 1866 - 1989

(Unification, Division and Reunification)

Wednesdays March 4, 11, 18 & 25

1:30 pm

Wednesday, March 4

1860-1890

Unification: The Bismarck Era

Wednesday, March 11

1890-1918

Kaiser Wilhelm and World War I

Wednesday, March 18

1918-1945

The Rise of Nazism and World War II

Wednesday, March 25

1945-1989

Partition and Reunification



Howard County Police Department

Tuesday, March 17 & April 14

11:15 am

Pfc. Andre Lingham, Senior Citizen Liaison will be at the Center to discuss current safety tips and fraud prevention.

Genealogy

Wednesday, March 18

Wednesday, April 8

10 am

March Topic: Foreign Countries

One of the greatest opportunities for a genealogist is to be able to research in a foreign country. We will look at the benefits and pitfalls and call on those who have done this type of research to give their views.

April Topic: Church Records

Sometimes these records are the only ones that exist especially in colonial times. We will focus on the types of records that exist and the utility of these records. We will explore where to find these records and some of the religions that produce them.

New Time

Brain Fitness

Thursday, March 12 & April 9

9:15 am

Robin Zahor R.N., B.S.N. introduces a new evidence-based, innovative brain exercise program to help keep the mind sharp.

Hello Dolly! The Musical Mt. Hebron High School

Thursday, March 12

Doors open at 9:30 am

Free dress rehearsal. No ticket necessary.

Transportation to the school is on your own.

Monthly Morning Bingo

Friday, March 27 & April 24

10:30 am

Cost: \$4

Why not grab a friend (or make new ones when you get here!) and start lining up your lucky stars to join us for a fun morning of Bingo? The grand prize is generously provided by our friends at "**Heartlands Senior Living**".

Amhranai Na Gaeilge "The Irishman's Chorale"

Wednesday, March 18

12:30 pm

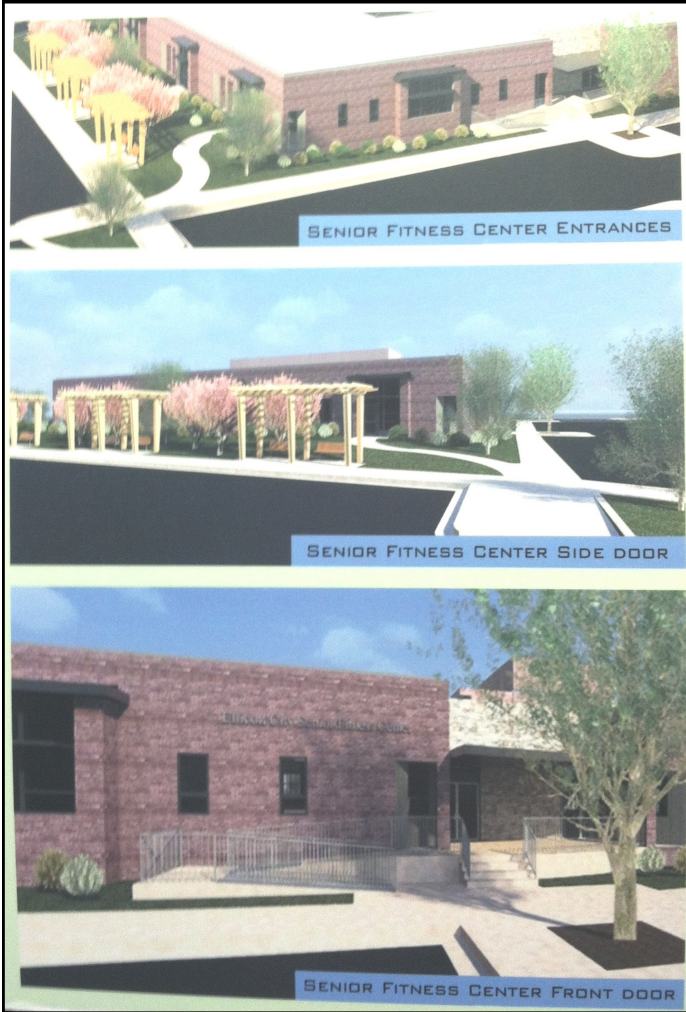
Come celebrate the day after St. Patty's Day as we welcome **Amhránaí Na Gaeilge**, the Irishman's Chorale, an authentic Irish Choral Group founded in 1985 by Larry Feely. This group is one of the largest all male Irish choruses in the United States. The Chorale is dedicated to the preservation of Irish culture and history through music.

Ask the Pharmacist

Monday, March 23 & April 27

11 am

Don Hamilton, P.D., Consultant Pharmacist, will provide updates and important information concerning your medications. Please bring your questions, your drug lists, or your prescription containers to confidentially discuss any of your current medication concerns.



The Excitement Builds New Fitness Center to Open in March

Construction projects never seem to reach completion on time and ours is no exception! We anticipate the new Fitness Center to open in March, but rather than opening to its full fitness glory, it will temporarily house many of our current Senior Center programs. This will allow the current Ellicott City Senior Center building to undergo a facelift with minimal program disruption.

The renovation period is the perfect time to stop in and get an up-close view of the new Fitness Center which features a large exercise equipment room with cardio and strength training machines, a group exercise room and a state of the art classroom.

Fitness Equipment Room passes will be sold once the Fitness Center opens. For those who may be interested in learning how to use each piece of fitness equipment correctly, small group orientations will be held. The orientation is free, and space is limited. Sign up at the Fitness Center Front Desk to be included in an orientation.

Architectural drawings of the new Fitness Center.

Fitness Center Fees

Fitness Equipment Room Quarterly Pass

\$35 County Resident

\$50 Non Resident

Group Exercise Quarterly Pass

\$125 County Resident

\$175 Non Resident

Fitness Equipment Room Passes will be sold when the facility is open for use. Group Exercise Passes will not be sold until renovations are complete. Watch for the Fitness Center's separate insert listing the operating hours and the group exercise programming schedule when it becomes available. ***Please be advised that you should check with your physician before beginning any exercise program.***

All exercise classes will still require registration as they have in the past and all classes will temporarily be held at the Fitness Center. Once renovations are completed and both buildings are fully operational, classes will be permanently assigned their room location. At that time, the Group Exercise Quarterly Pass option for the Fitness Center will go into effect. This pass will allow access for up to 18 weekly classes that will be offered at the Fitness Center for a 3 month period.

Anyone purchasing a Fitness Equipment Room or Group Exercise Pass must be a registered member of the Ellicott City Senior Center. Membership is free, but forms and waivers must be signed prior to use of the facility.



Sign-up for all classes at the ECSC Front Desk. Payment may be made in the form of cash, credit card, or check, payable to Howard County Director of Finance. You may register yourself and one other individual. You may also register on-line using a credit card at <http://apm.activecommunities.com/howardcounty>.

Registration for the classes listed below will begin Friday March 13, 2015.

Zumba Gold Toning

Zumba Gold Toning is designed with the active older adult in mind. It combines targeted body sculpting exercises and cardio work with Latin infused Zumba moves. Students will learn how to use lightweight, maraca-like toning sticks to enhance rhythm and tone their bodies.

Instructor: Breanna Shumpert

Monday & Wednesday 8:45 am
April 6 thru May 27

15 classes for \$79 (no class 5/25)

Golden Barre

Using the Bender method of Barre programming, class will focus on the ability to lengthen, strengthen muscles and increase range of motion. Participants must be able to get up and down off the floor without assistance.

Instructor: Jackie Jones

Tuesday & Thursday 9 am
April 7 thru May 28

15 classes for \$79 (no class 5/5)

ManPower

Calling all men! Looking to regain or retain muscle tone? Jump into this group strength training class designed specifically for men. Work on proper form and execution to improve body composition and increase lean muscle mass. Discover the benefits. Don't wait...lift weight! Weights provided.

Instructor: Jeannie Decray

Friday 10 am
April 10 thru May 29

8 classes for \$43

Qi Gong

Experience a series of gentle movements synchronized with breathing to promote positive energy movement through your body. Enhance your immune function, calm your mind and improve your sleep!

Instructor: Jessica Koch

Thursday 10:30 am
April 2 thru May 28

9 classes for \$52

Dance Basics

In **Ballet** learn terminology along with fast footwork, basic turns and jumps. In

Modern Dance, students will learn simple movement patterns that emphasize the

use of the spine and torso. Learn combinations with progressing phrases and patterns. In **Tap**, students will learn basic tap exercises, phrases and patterns and will progress to combinations as the class develops (tap shoes required). In **Jazz** learn isolation movements along with syncopation. Combinations will be taught within the phrases for strength, flexibility and patterns.



Instructor: Carol Asher

Monday & Wednesday 4:30 pm

Ballet Dance: April 6 thru April 22

Modern Dance: May 4 thru May 20

Tap Dance: June 1 thru June 17

Jazz Dance: July 6 thru July 22

6 classes per session / \$35 each session

Agewell Aerobics

In partnership with

Howard County General Hospital

Learn basic cardio combinations, burn calories, increase cardiovascular endurance, build lean muscle tone and bone density. End each class with a dedicated portion to strength and stretches.

Instructors: M/W: Breanna Shumpert,

T/TH Jackie Jones

Monday & Wednesday 9:30 am

April 6 thru May 27

15 classes for \$33 (no class 5/25)

Tuesday & Thursday 10 am

April 7 thru May 28

15 classes for \$33 (no class 5/5)

Tuesday & Thursday 11 am

April 7 thru May 28

15 classes for \$33 (no class 5/5)

All classes are scheduled to run between 45 and 55 minutes in duration.

All in One

Get it **ALL IN** in just **ONE** class! Perfect if you are looking to enhance your exercise regimen or have limited time. Take in all the elements of fitness in one class; good cardio work-out, strength training, balance and flexibility. Bring a mat for floor work.

Instructor: Jeannie Decray

Friday
April 10 thru May 29
8 classes for \$43

11 am

Better Balance

This is an effective program for those with chronic conditions impacting their balance or who feel unsteady on their feet. Pre-screening is required. Call Jennifer Lee at **410-313-5940** before registering.

Instructor: Vickie Jacobs

Monday & Wednesday
April 6 thru May 27
15 classes for \$49 (no class 5/25)

12 Noon

Agewell Seated Aerobics

In partnership with
Howard County General Hospital

This seated aerobics class covers warm up and stretching exercises. It also includes the use of hand weights and improves your overall balance.

Instructor: Vickie Jacobs

Tuesday & Thursday
April 7 thru May 28
15 classes for \$33 (no class 5/5)

12:30 pm

Exercise Essentials

Master essential exercises to manage your arthritis. Learn gentle activities, both seated or standing, to increase joint flexibility, range of motion and muscular strength. Proper techniques for exercising within your limitations will be taught so you can meet your goal of better fitness.

Instructor: Vickie Jacobs

Tuesday & Thursday
April 7 thru May 28
16 classes for \$85

1:30 pm

Balance "4" All

Join one of our newest fitness offerings. This class combines a perfect blend of 4 components: balance, flexibility, posture and strength which together add up to safe and active living.

Instructor: Vickie Jacobs

Tuesday & Thursday
April 7 thru May 28
16 classes for \$85

2:30 pm

Beyond Beginners Line Dancing

Join a great group of dancers who will have you up movin' and groovin'! This line dancing class is designed for students who are familiar with basic line dancing. Come get fit the fun way!

Instructor: Mary McCormick

Thursday
April 2 thru May 28
9 classes for \$67

3:30 pm

Zumba Gold®

This fitness class turns exciting Latin and international rhythms created in an original Zumba Gold® class, into a fun, safe and effective format for the active older adult or beginners of all ages. This easy to follow program lets you move to the beat at your own speed.



Instructor: Tracy Cox

Monday & Wednesday
April 6 thru May 27
15 classes for \$79 (no class 5/25)

5:30 pm

Gentle Beginning Yoga

This introduction class is for the beginner who wants to build strength through gentle yoga stretches and strengthening exercises. An additional component helps build bone density and range of motion. Mat required.

Instructor: Tracy Cox

Monday & Wednesday
April 6 thru May 27
15 classes for \$79 (no class 5/25)

6:30 pm

The Office on Aging recommends that you check with your physician before participating in any physically demanding activity.

Classes, Clubs and Comments

NEW!

Vocal Lessons with Diane

By Appointment:

\$30 per half hour session

Looking to improve your pitch? Great vocal coach is seeking students. For information or to schedule your appointment, call the Front Desk at **410-313-1400**.

Piano Lessons with Diane

By Appointment:

\$30 per half hour session

To start your lessons, set up an appointment by calling **410-313-1400**. The student is responsible for purchasing music books and materials. If you have any questions, call instructor Diane Waslick at **410-978-9974**.

Drop In Table Tennis

Monday, Wednesday, Friday

(Not available 3/4, 3/11, 3/18, 3/25, 4/3)

1:15 - 4 pm

Bring your paddle and get ready for some non-stop action. Great group of gamers keep the interaction lively.

TEMPORARY TIME CHANGE

Seniors Together

Men's Forum

Thursday 11:30 am - 1 pm

Stop in for some great conversation as the Center's gentlemen discuss current issues.

TEMPORARY

LOCATION CHANGE

Painting Together Artists

Bain Center

Monday, Tuesday & Friday 1 - 4 pm

Thursday 9 - 12 pm

(not available Thursday 3/26)

NEW!

Intergenerational Sketching

Monday 9 - 10:30 am

June 29 thru July 27

5 classes for \$38

Come alone or bring along a budding artist. This drawing class is open to members who also have the option to enroll a child or grandchild age 8 or older. Class will offer basic sketching concepts tailored for varying levels ranging from beginner to intermediate. Learn proportion and perspective. Material list provided upon registration. *Instructor: Carol Asher*

Needlework Club

Wednesday

1 - 3 pm

(Not available 3/25 & 4/22)

Knitters, crocheters, fabric crafters and more come together to share their talents each week. Drop in on this young and fun group who happily share fellowship and friendly conversation.



Acupuncture with Young Gerstmyer ND, LAC

Meet & Greet:

Monday, March 2 and April 6

5:30 pm

Meet the acupuncturist or come with your questions to the free Meet & Greet on the first Monday of the month. Early sign-up required.

Mondays & Wednesdays Evenings

5:30 - 8 pm

Initial Consultation \$125 (1.5 hrs)

Each Following Visit \$75 (1 hr)

Credit cards and checks only, no insurance accepted at this location. Begin the appointment process by calling the Center at **410-313-1400**.

NOTE: Howard County Government does not endorse or recommend the products or services associated with programs held at Howard County Senior and 50+ Centers. Howard County Government is not responsible for the performance or non-performance of program sponsors.

NEW!

Picture This
Tuesday March 31 & April 28
Between 11 am - 1 pm
30 minute appointments

It's time to "develop" a better relationship with your camera! Do you have a digital camera that you find confusing or do you own a smart phone but haven't figured out how to take pictures with it? Sign up at the Front Desk for a free 30 minute appointment to get individual help with your digital SLR camera or your smart



phone. Be sure to bring whatever picture taking device you have with you to the appointment. Learn to take better photos in a "flash"!

Mah Jongg

Tuesday
9 am - 12 noon

Join the game that involves 4 players and an abundance of skill, strategy, as well as a degree of chance. Although there are many variations of Mah Jongg, for most, a player wins when they are able to create a specific pattern of tiles. Stop in to watch or play!

B Games

Monday 10:30 - 11:30 am

Drop in for an hour of some serious boisterous business! Each week features one of four activities bursting with fun. We've switched up the line-up, so be ready for either some brain or some brawny excitement!

Baggo
Brainbusters
Wii Bowling
Boggle

March 2 & April 6
March 9 & April 13
March 16 & April 20
March 23 & April 27

Canasta
Thursday
1 - 4 pm

Enjoy an afternoon of this great card game that is a form of rummy using two full decks. Players or partnerships try to meld groups of three or more cards of the same rank and score bonuses for 7-card melds. Give it a try!

Open Bridge
Monday & Friday
12:30 - 3:30 pm
(Not available 4/3)

Experienced bridge players always welcome!

Kings & Queens Bridge
Wednesday

9 am - 12 noon

(Not available 3/18 & 4/8)

Call ahead to the Center to see if space is available for you and your partner.

Food Matters
Friday

10:45 - 11:15 am

Stop in the lobby as Jodi, our Nutrition Specialist, highlights the current trends in nutrition with a taste of it too! Be aware of your food choices and how they can impact your health and wellness.

March 20 Bite into a Healthy Lifestyle
April 17 Energy Bar Breakdown

Book Club

Wednesday, March 25
at 1 pm

The group will discuss
"City of Women": A Novel
by David Gillham.

Wednesday, April 22
at 1 pm

The group will discuss
"The Soloist" by Mark
Salzman



10. Temporary Fitness Center Schedule

MONDAY

TIME	PROGRAM	ROOM
8:45 - 9:30 am	Zumba Gold Toning \$ (Mon/Wed)	Exercise
9 am - 4 pm	Piano & Voice \$	Workroom
9:30 - 10:15 am	Agewell Aerobics Class \$ (Mon/Wed)	Exercise
10:30 - 11:30 am	B Games (Brainbusters, Boggle, Bowling & Baggo)	Classroom
10:45 - 11:30 am	Dance Classes \$ (Mon/Wed)	Exercise
11 am - 12 noon	Ask the Pharmacist (check newsletter for dates)	Lobby
12 noon - 12:45 pm	Better Balance \$ (Mon/Wed)	Exercise
12:30 - 3:30 pm	Open Bridge	Classroom
1:15 - 4 pm	Table Tennis	Exercise
5:30 - 8 pm	Acupuncture \$	Workroom
5:30 - 6:15 pm	Zumba Gold Exercise \$ (Mon/Wed)	Exercise
6:30 - 7:15 pm	Gentle Beginning Yoga Class \$ (Mon/Wed)	Exercise

TUESDAY

9 am - 12 noon	Mah Jongg	Classroom
9 am - 12 noon	Blood Pressure Screening	Workroom
9 - 9:45 am	Zumba Gold \$ (Tue/Thur)	Exercise
10 - 10:45 am	Agewell Aerobics Class \$ (Tue/Thur)	Exercise
11 am - 1 pm	Picture This (check newsletter for dates)	Lobby
11 - 11:45 am	Agewell Aerobics Class \$ (Tue/Thur)	Exercise
11:15 - 11:45 am	Officer Andre (check newsletter for dates)	Lobby
12:30 - 1:15 pm	Agewell Seated Aerobics Class \$ (Tue/Thur)	Exercise
12:30 - 4 pm	Piano & Voice \$	Workroom
1 - 4 pm	Pinochle, Hand & Foot, Pitch, Po, Train, Up Words	Classroom
1:30 - 2:15 pm	Exercise Essentials for Arthritis \$ (Tue/Thur)	Exercise
2:30 - 3:15 pm	Balance 4 All \$ (Tue/Thur)	Exercise

WEDNESDAY

8:45 - 9:30 am	Zumba Gold Toning \$ (Mon/Wed)	Exercise
9 am - 12 noon	Kings & Queens Bridge (not available 3/18 & 4/8)	Classroom
9 - 12 noon	State Health Insurance Program (SHIP)	Workroom
9:30 - 10:15 am	Agewell Aerobics Class \$ (Mon/Wed)	Exercise
10 am - 12 noon	Genealogy (check newsletter for dates)	Classroom

***(All of the programs listed above will be held in the new Fitness Center.
Thank you for your patience during this period of renovation.)***

Temporary Fitness Center Schedule 11.

WEDNESDAY - continued

TIME	PROGRAM	ROOM
10:45 - 11:30 am	Dance Classes \$ (Mon/Wed)	Exercise
12 noon - 12:45 pm	Better Balance \$ (Mon/Wed)	Exercise
12 noon - 4 pm	Piano & Voice \$	Workroom
1 - 2 pm	Book Club (4th Wednesday)	Classroom
1 - 3 pm	Needlework Club (not available 3/25 & 4/22)	Classroom
1:15 - 4 pm	March: History Class / April: Table Tennis	Exercise
5:30 - 8 pm	Acupuncture \$	Workroom
5:30 - 6:15 pm	Zumba Gold Exercise \$ (Mon/Wed)	Exercise
6:30 - 7:15 pm	Gentle Yoga Class \$ (Mon/Wed)	Exercise

THURSDAY

9 - 9:45 am	Zumba Gold \$ (Tue/Thur)	Exercise
9 - 12 noon	Piano & Voice \$	Workroom
9:15 - 10:15 am	Brain Fitness (check newsletter for dates)	Classroom
10 - 10:45 am	Agewell Aerobics Class \$ (Tue/Thur)	Exercise
10:30 - 11:30 am	Qi Gong \$	Classroom
11:30 am - 1 pm	Seniors Together Men's Forum	Classroom
11 - 11:45 am	Agewell Aerobics Class \$ (Tue/Thur)	Exercise
12:30 - 1:15 pm	Agewell Seated Aerobics Class \$ (Tue/Thur)	Exercise
1 - 4 pm	State Health Insurance Program (SHIP)	Workroom
1 - 4 pm	Canasta	Classroom
1:30 - 2:15 pm	Exercise Essentials for Arthritis \$ (Tue/Thur)	Exercise
2:30 - 3:15 pm	Balance 4 All \$ (Tue/Thur)	Exercise

FRIDAY

8:30 am - 12 noon	Pinochle, Hand & Foot, Pitch, Po, Train, Up Words (On Bingo Day 8:30-10 am only)	Classroom
9 am - 4 pm	Piano & Voice \$	Workroom
10:30 am - 12 noon	Bingo (check newsletter for dates)	Classroom
10 - 10:45 am	ManPower \$	Exercise
11 - 11:45 am	All in One \$	Exercise
12:30 - 3:30 pm	Open Bridge	Classroom
1:15 - 4 pm	Table Tennis	Exercise

***(All of the programs listed above will be held in the new Fitness Center.
Thank you for your patience during this period of renovation.)***



PLEASE NOTE: While the original building of the Senior Center is under renovation, the Lunch Program will be temporarily suspended. In the meantime, we encourage you to participate in the Lunch Program at the Bain Center or Glenwood 50+ Center. Our Lunch Program will resume once building renovations are complete.

Inclement Weather Policy

Please watch or listen for school closings. If **HOWARD COUNTY SCHOOLS** are:

CLOSED—ALL Senior Centers and Center Plus Sites are CLOSED.

2 HOUR DELAY— ALL Centers open at 10 am with the exception of the Senior Center Plus Sites, which are closed. There will be NO lunches served or transportation. Programs that begin before 10 am will not be held.

1 HOUR DELAY— All Centers are open with programming as usual.

AFTERNOON & EVENING ACTIVITIES

CANCELLED—The Center will not hold any programs or rentals after 4:30 pm.

We know change is never easy.

Your patience is appreciated during this period of renovation. We know that your daily routine may be disrupted for awhile but our hope is that once everything is completed in both buildings, you'll feel it was well worth the inconvenience.

Thanks for being in this together with us!

**Cindy, Vicki, Gigi, Dave,
Dominick, Jodi, Sam,
Felicia, Joyce, Alyson & Margaret**



Save the Date

for the 7th Annual

WOMENFEST

A Health & Wellness Event for Women

A signature event designed to inspire women to live a more balanced, healthier and fulfilled life!

Saturday, April 25, 2015

10 am - 3 pm

Gary J. Arthur Community Center at Glenwood
2400 Route 97, Cooksville, MD 21723

There's something for everyone at WomenFest!

Bring your mom, grandmothers, sisters, daughters, and friends for a day of fun and shopping featuring 90+ vendors, informative seminars, important health screenings, door prizes and more!



**Department of
CITIZEN SERVICES**
Aging • Children's Services • Consumer Affairs

www.howardcountyyaging.org/womenfest

Adjusted Center Hours

Tuesday, March 10
Friday, April 3

CLOSED (Department Meeting)
CLOSED (Good Friday)



MARCH

Monday	Tuesday	Wednesday	Thursday	Friday
2 Baked Ham Brown Rice Peas Wheat Bread Fruit	3 <u>SUPER BOX</u> Corned Beef & Swiss Cole Slaw Pickled Beets Marble Rye Apple Juice Cheesecake Cup	4 Tuna Salad Lentil Soup Carrot Raisin Salad W/W Bun Orange	5 Chicken Cassandra Mediterranean Salad Parslied Potatoes Spinach White Bread Diced Peaches	6 <u>PIZZA DAY</u> 2 Slices of Pizza Salad Dessert \$5 Pay in advance At Front Desk
9 Southwest Chicken Mexican Rice Collard Greens Wheat Bread Diced Pears	10 Pork Chop/Gravy Tomato Soup Mashed Potatoes White Bread Fresh Fruit	11 <u>BOX LUNCH</u> Grilled Chicken Breast Vegetable Orzo Salad Orange Juice Potato Roll Sliced Pears	12 Knockwurst Vegetable Soup Baked Beans Coleslaw Hot Dog Bun Fresh Fruit	13 <u>SUPER BOX</u> Chunky Turkey Salad Vegetable Orzo Salad Marinated Cucumbers Croissant Ambrosia
16 Pizza Burger w/Cheese & Sauce Marinated Cucumbers Kale Sandwich Bun Fresh Fruit	17 Baked Ham Pickled Beets Mashed Potatoes Steamed Cabbage Biscuit Lime Pear Gelatin	18 <u>DELI LUNCH</u> Egg Salad Pasta Salad Marinated Green Beans Sandwich Roll Fruit Cup	19 Chicken Patty Split Pea Soup Turnip Greens W/W Bun Apple	20 Sloppy Joe Vegetable Soup Ranch salad Potato Roll Fresh Fruit
23 Honey Mustard Chicken Scalloped Potatoes Peas Wheat Bread Diced Peaches	24 <u>BOX LUNCH</u> Sliced Turkey w/ Cheddar Cheese Vegetable Orzo Salad Apple Juice Wheat Bread Mandarin Oranges	25 Stuffed Pepper Health Salad Lima Beans Pumpnickel Brd Fresh Fruit	26 Meatballs w/Marinara Sauce Carrot Raisin Salad Mini Sub Roll Tropical Fruit	27 <u>SUPER SPECIAL</u> Hot Dog With Chili & Cheese Coleslaw Baked Beans Hot Dog Bun Fresh Fruit
30 <u>Deli Lunch</u> Chef Salad Turkey/Ham/ Cheese Pasta Salad Dinner Roll Fruit Cocktail	31 Chicken Chow Mein Brown Rice White Bread Pineapple Chunks			

Bite Into a Healthy Lifestyle:

National Nutrition Month

You may know the right things to eat, but do you know just how much of them to have? How do you determine what is a healthful portion?

A “portion” is how much of a food you eat, but dietary recommendations usually are given in “servings”—five daily servings of fruits and vegetables, three daily servings of dairy, or six to eleven daily servings of whole grains. Just what does a “serving” mean?

Knowing the size of a serving can help you to determine healthful portions. By understanding how many servings you should consume, you can keep track of how much you eat to meet your needs. Below are some tips for comparing portion size to some commonly known objects!

Size equivalents:

- 1 teaspoon (tsp)—about the size of a (pointer) fingertip
- 1 tablespoon (T)—about the size of your thumb or a tube of lipstick
- $\frac{1}{4}$ cup (C)—the size of a large egg
- $\frac{1}{2}$ C—the size of one handful
- 1 C—the size of a tennis ball or as much as a woman’s palm can hold

Use these serving sizes to estimate portions:

- 1 ounce (oz) chicken, poultry, or meat—size of a matchbook
- 1 oz meatball—size of a golf ball
- 3 oz cooked fish, poultry, or meat—size of a deck of cards, the palm of your hand, or a checkbook
- 1 oz cheese—size of a lipstick tube or thumb, or size of four dice
- 2 oz cheese—size of a pair of dominoes
- 1 tsp peanut butter—size of the tip of your thumb
- 2 T peanut butter—size of a golf ball
- 1 medium piece of fruit—size of a baseball
- 1 medium bagel—size of a hockey puck
- 1 C dry cereal—a mounded handful
- One small baked potato—size of a computer mouse
- 1 C raw vegetables, sliced fruit, or yogurt—size of a tennis ball

Are you surprised by some of these? When you are at home, it’s a bit easier to use measuring cups or measuring spoons to serve yourself appropriate portions. When you are going to be out and about, make your own snack bags by reading nutrition labels on food items and placing the appropriate serving-size portions into plastic bags, so that you can knowingly eat the right amounts.